

July 20, 2005

5 A Day on the go

Preparation is important to make sure you get five servings of fruits and vegetables every day. But, getting your 5 A Day doesn't mean you have to eat all your meals at home or prepare all your meals.

Here are some easy ways to take 5 A Day with you.



Add 5 A Day to take-along lunches

Including fruits and vegetables in your brown bag lunch can help you get 5 A Day. Here are some healthy choices:



- Fresh fruit;
- Dried fruit such as trail mix;
- Leftover salad or vegetables from last night's dinner;
- Baby carrots, celery sticks or other fresh, raw vegetables (bring along a container of low-fat dressing or peanut butter for variety);
- Chopped vegetables added to pasta dishes (zucchini, carrots and spinach are great additions to tomato and cheese sauces);
- Chopped vegetables added to macaroni and cheese (try broccoli, cauliflower and peas for a fresh spin on an old favorite);
- Fruit salad;
- Perk up a sandwich with lettuce, tomatoes, onions, cucumbers, pepper rings, alfalfa or bean sprouts or coleslaw. Pack fresh vegetable sandwich toppers separately to keep bread from getting soggy;
- Substitute chopped fresh vegetables for that bag of chips;
- Bean burritos heat up nicely in the microwave and chopped fresh tomatoes, lettuce, onions and other veggies make it a fiesta feast; or
- Have fruit or vegetable juice instead of soft drinks.

5 A Day snack ideas

We are more likely to eat fruits and vegetables when they are visible and handy. Here are some ways to increase the chances you'll choose healthy fruits and vegetables at snack time:



- Replace the candy dish with a bowl of fresh or dried fruit.
- Pack an apple or toss a box of raisins in your bag or briefcase.
- Keep tomato juice, vegetable juice or fruit juice in the fridge at work.
- Keep a box of frozen juice bars in the freezer.

5 A Day when eating out

Here are some ideas to include the 5 A Day Challenge when you eat out:

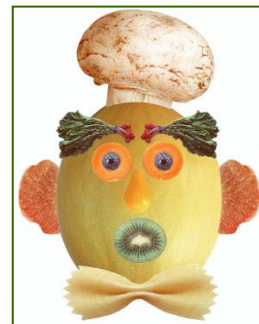


- Order pasta dishes with vegetables.
- Choose wraps that include lots of vegetables.
- Start your meal with a very veggie soup course.
- Pass up the fries and have a small salad instead.
- Have salad as a main course – choose a salad with lots of vegetables, even fruit.
- Make that pizza supreme with lots of vegetables or choose the all-veggie pie.

With a little planning and resolve, 5 A Day can be part of your daily routine. You can make just about any meal, anywhere, a healthy one.

CHFS 5 A Day Challenge Decorating Contest: Voting today

5 A Day participants have carved, dressed up and painted their entries for the CHFS 5 A Day Challenge Decorating contest. Decorated fruits or vegetables were to be delivered to the CHR Building lobby by 9 a.m. this morning.



Employees in the CHR Building are invited to view the entries and vote on a favorite lively fruit or vegetable. Entries will be on display and votes will be accepted from 10 a.m.- 2 p.m. today in the CHR Building lobby.

Winners will be chosen in the following categories:

- Funniest,
- Ugliest,
- Most creative, and
- Best use of the 5 A Day concept.

Winners will be announced and the winning creations will be displayed in the lobby July 21. Winning entries must remain on display until 3:30 p.m. July 21. Other entries may be picked up earlier that day.

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Space still available in Cooper Clayton class

There's still time for smokers interested in kicking the habit to join the CHFS Cooper Clayton Method to Stop Smoking class. The first meeting was at noon on Friday, July 15. The group will meet every Friday from noon-1 p.m. in the CHR Building cafeteria conference room.



The class will be facilitated by Chuck Piker, a former smoker. Nicotine replacement therapy will be offered at \$7 per week.

If you are interested in quitting, this is a great opportunity to get tips, ideas and, most of all, support to stop smoking for good. To register for the class, contact Jan Beauchamp at 564-7996, ext. 3817.

CHFS 5 A Day Challenge Recipe Contest deadline is July 27

The CHFS Wellness Committee invites 5 A Day Challenge participants to support the 5 A Day Challenge by getting creative with fruits and vegetables. Enter the recipe contest by submitting favorite recipes featuring fruits and vegetables.



Prizes will be awarded to the winners and first runners-up in each recipe category. All recipe entries will be included in an online cookbook.

There are four recipe contest categories:

- Fruit or vegetable appetizers/snacks
- Fruit or vegetable soups/salads/side dishes
- Fruit or vegetable main courses/entrees
- Fruit or vegetable desserts/ baked goods

Judges will be looking for recipes that are great tasting, creative and healthy. The following criteria will be used to determine the finalists:

- Healthy (50 percent) – nutritious recipes using fruits and vegetables.
- Creativity and Originality (50 percent) – think “unexpected” or “cutting edge”

Chef Mike of the CHFS Café will prepare the two finalist recipes in each contest category on Aug. 10 for judging. The judging panel will be made up of 25 randomly selected 5 A Day Challenge participants who will taste each of the recipes and select a winner in each category.

Be sure to identify specific measurements for each ingredient. For example, instead of writing one can of diced tomatoes, write one, 14-ounce can of diced tomatoes.

5-A-Day Recipe Contest Rules and Entry Form

Follow the link below for contest rules and to complete the online entry form, or create your own including the following information: category, name of recipe, ingredient and measurement list and recipe instructions. Contest rules and the online entry form can be found at <http://chfs.ky.gov/olpa/dc/focus/fw/article4.htm>.

Play 5 A Day Fruit and Vegetable Find

As part of the 5 A Day Challenge, beginning Aug. 1, CHFS employees can play Fruit and Vegetable Find to qualify for prizes and learn more about the nutritional value of a host of fruits and vegetables. All CHFS employees may play whether or not they are participating in the 5 A Day Challenge.



Pictures of fruits and vegetables with trivia questions on the back will be strategically located throughout the CHR and CHS buildings. When you find one of the pictures, remove it and write the answer to the question on the back. Then, send the answer to your game piece question to Elizabeth Fiehler by email at elizabeth.fiehler@ky.gov or drop off your game piece with the answer written on the back to mail stop HS2WD. The fruit and vegetable find game will run through Aug. 8.

The names of those who e-mail a correct answer or turn in an answered game piece will be entered in a prize drawing.

So, keep your eyes peeled for pictures of fruits and vegetables beginning Aug. 1. If you are the first to spot one, pull it down, turn it over and answer the 5 A Day trivia question. Then e-mail your answer or turn in your game piece.

For more information about the 5 A Day Challenge Fruit and Vegetable Find or any aspect of the challenge, e-mail Elizabeth.Fiehler@ky.gov.

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Coffee Break with KEAP!

The Kentucky Employee Assistance Program is offering several workshops for State Government employees. Employees can come out for a cup of coffee and pick up timely, relevant information about issues of personal concern.



The workshops will be held at the Personnel Cabinet office at 801 Teton Trail in Frankfort and are limited to 35 participants. A minimum of 10 participants must be present for the workshop to take place. Employees must seek a supervisor's approval before enrolling.

Please register by email: Rebecca.Waddle@ky.gov.

- **Aug. 2, 9-10:30 a.m.**

Stress Management with Doug Crowe, Sr. This workshop we will address the causes, effects, and cures for stress. Techniques for managing stress will be taught and implemented.

Registration deadline: July 26

- **Aug. 10, 9-10:30 a.m.**

State Employee Money Management with Mary Jane Cowherd. This workshop examines issues facing many employees such as budgeting, debt and retirement. Tips and tools will be presented for helping employees gain control of their financial future.

Registration deadline: Aug. 3

- **Aug. 18, 9-10:30 a.m.**

Rebuilding Your Life After Separation or Divorce with Barbara Henderson. Divorce is a great loss and a crisis that has a huge impact on the lives of everyone involved. This workshop covers understanding loss, the stages of recovery and the healing process, working through bitterness and beginning again.

Registration deadline: Aug. 11

- **Aug. 25, 9-10:30 a.m.**

Anger Management with Trina Wilkins Jennings. In this workshop participants discuss healthy and unhealthy responses to feelings of anger; identify anger-provoking triggers and create an anger management plan for use in personal and professional situations.

Registration deadline: Aug. 18

- **Sept. 8, 9-11 a.m.**

KEAP as a Management Tool with Trina Wilkins Jennings. Managers have the responsibility to address performance and behavioral deficiencies early. Learn how to focus on the areas where you can make a difference for the employee and the agency.

Registration deadline: Sept. 1.

- **Sept. 15, 9-10:30 a.m.**

Drug Free Workplace with Mary Jane Cowherd. The impact of drug abuse and addiction is staggering for both the employee and the employer. This workshop examines issues that make this such a difficult problem for all involved.

Registration deadline: Sept. 8